

AMENDMENTS TO THE CLAIMS

This listing of claims will replace all prior versions and listings of claims in the application:

**LISTING OF CLAIMS:**

**1-7 (cancelled)**

8. (currently amended): An adjustable-length pole, the pole comprising:  
at least one outer tube;  
an inner tube structured and dimensioned for insertion into said the outer tube in a telescoping fashion for adjusting a length of the pole;  
a limit stop disposed at an end of said the inner tube;  
an adjusting screw being axially oriented within said the outer tube, non-rotatable with respect to the inner tube and supported in a rotationally fixed manner on said the end of said the inner tube;  
a limit stop disposed on the a free end of said the adjusting screw;  
a spreading element, radially spreadable element and having with a non-threaded bore and having with only a one single and inner cone, said the inner cone opening towards said the end of said the inner tube, said spreading wherein the radially spreadable element is disposed with its axial length between said the limit stop disposed at an the end of said the inner tube and said the limit stop disposed on the free end of said the adjusting screw, and wherein the distance between the limit stops is larger than the axial length of the radially spreadable element by a gap distance, such that the spreading radially spreadable element is moveable axially within the distance between the limit stops, including the gap distance, narrow limits without rotation thereof; and  
an axially moveable interior element having an internal threaded bore and an outer cone tapering towards the free end of the adjusting screw and being structured, dimensioned, and disposed for cooperation with said the inner cone of said spreading the radially spreadable element, wherein said the interior element having is screwed onto the adjusting screw and is axially movable with respect to the inner tube by rotation thereof via an the internal threaded bore cooperating with said adjusting screw,

wherein said spreading the radially spreadable element and said the interior element cooperate to form a spreading device supported at axially said the end of said the inner tube, said the spreading device for clamping said the inner tube within said the outer tube.

9. (previously presented): The pole of claim 8, wherein the pole is a ski or a walking stick.

10. (currently amended): An adjustable-length pole, the pole comprising:

at least one outer tube;

an inner tube structured and dimensioned for insertion into said the outer tube in a telescoping fashion for adjusting a length of the pole;

a limit stop disposed at an end of said the inner tube;

an adjusting screw being axially oriented within said the outer tube, non-rotatable with respect to the inner tube and supported in a rotationally fixed manner on said the end of said the inner tube;

a limit stop disposed on the a free end of said the adjusting screw;

a spreading element, radially spreadable element and having with a non-threaded bore and having with only a one single and inner cone, said the inner cone opening towards said the end of said the inner tube, said spreading wherein the radially spreadable element is disposed with its axial length between said the limit stop disposed at an the end of said the inner tube and said the limit stop disposed on the free end of said the adjusting screw, and wherein the distance between the limit stops is larger than the axial length of the radially spreadable element by a gap distance, such that the spreading radially spreadable element is moveable axially within the distance between the limit stops, including the gap distance, narrow limits without rotation thereof; and

an axially moveable interior element having an internal threaded bore and an outer cone tapering towards the free end of the adjusting screw and being structured, dimensioned, and disposed for cooperation with said the inner cone of said spreading the radially spreadable element, in that by rotating said the inner tube with respect to said the outer tube said the interior element is moved away from said the inner tube and into said spreading the radially spreadable element spreading it apart radially against the interior circumference of the outer tube, said

wherein the interior element ~~having an~~ is screwed onto the adjusting screw and is axially moveable with respect to the inner tube by rotation thereof via the internal threaded bore cooperating with said adjusting screw,

wherein said spreading the radially spreadable element and said the interior element cooperate to form a spreading device supported at axially ~~said~~ the end of ~~said~~ the inner tube, ~~said~~ the spreading device for clamping ~~said~~ the inner tube within ~~said~~ the outer tube, and

wherein ~~said spreading~~ the radially spreadable element is configured as a pot, ~~the~~ having a base of which ~~that~~ is penetrated by a free end area of ~~said~~ the adjusting screw, facing away from ~~said~~ the inner tube.

11. (currently amended): The adjustable-length pole of claim 8, wherein ~~said spreading~~ the radially spreadable element comprises a cylindrical shoulder having a smaller exterior diameter than ~~the~~ a base of ~~said spreading~~ the radially spreadable element, and facing ~~said~~ the inner tube, said shoulder being axially guidable by a guide piece attached to a limit stop surface at the end of the inner tube facing the spreading radially spreadable element.

12. (currently amended): The adjustable-length pole of claim 8, wherein ~~said~~ the limit stop disposed on ~~a~~ the free end of ~~said~~ the adjusting screw is a cap that is axially secured at ~~said~~ the free end of ~~said~~ the adjusting screw after ~~said spreading~~ the radially spreadable element has been set in place.

13. (withdrawn - currently amended): The adjustable-length pole of claim 8, wherein ~~said~~ the limit stop disposed on ~~a~~ the free end of ~~said~~ the adjusting screw is formed by a head that is molded onto ~~said~~ the free end of ~~said~~ the adjusting screw, with ~~said spreading~~ the radially spreadable element having a peripheral slot that extends along an entire axial length of ~~said spreading~~ the radially spreadable element.

14. (withdrawn - currently amended): The adjustable-length pole of claim 11, wherein ~~said~~ the spreading device has a plug that accommodates ~~said~~ the adjusting screw in an axial and rotationally fixed manner, said plug being supported axially and in a rotationally fixed manner in ~~said~~ the inner tube and defining ~~said~~ the limit stop disposed at an end of ~~said~~ the inner

tube, said plug having an axially protruding guide member cooperating with said cylindrical shoulder of said spreading the radially spreadable element.

15. (currently amended): An adjustable-length pole, the pole comprising:

- at least one outer tube;
- an inner tube structured and dimensioned for insertion into said the outer tube in a telescoping fashion for adjusting a length of the pole;
- a limit stop disposed at an end of said the inner tube;
- an adjusting screw being axially oriented within said the outer tube, non-rotatable with respect to the inner tube and supported in a rotationally fixed manner on said the end of said the inner tube;
- a limit stop disposed on the a free end of said the adjusting screw;
- a spreading element, radially spreadable element and having with a non-threaded bore and having with only a one single and inner cone, said the inner cone opening towards said the end of said the inner tube, said spreading wherein the radially spreadable element is disposed with its axial length between said the limit stop disposed at an the end of said the inner tube and said the limit stop disposed on the free end of said the adjusting screw, and wherein the distance between the limit stops is larger than the axial length of the radially spreadable element by a gap distance, such that the spreading radially spreadable element is moveable axially within the distance between the limit stops, including the gap distance narrow limits without rotation thereof; and
- an axially moveable interior element having an internal threaded bore and an outer cone tapering towards the free end of the adjusting screw and being structured, dimensioned, and disposed for cooperation with said the inner cone of said spreading the radially spreadable element, wherein said the interior element having is screwed onto the adjusting screw and is axially movable with respect to the inner tube by rotation thereof via an the internal threaded bore cooperating with said adjusting screw,
- wherein said spreading the radially spreadable element and said the interior element cooperate to form a spreading device supported at axially said the end of said the inner tube, said the spreading device for clamping said the inner tube within said the outer tube, and,

wherein said interior element has one or more a plurality of radially protruding fins, each of which are is guided in an axial slots of said spreading the radially spreadable element for axial movement thereof.

16. (currently amended): An adjustable-length pole, the pole comprising:

- at least one outer tube;
- an inner tube structured and dimensioned for insertion into said the outer tube in a telescoping fashion for adjusting a length of the pole;
- a limit stop disposed at an end of said the inner tube;
- an adjusting screw being axially oriented within said the outer tube, non-rotatable with respect to the inner tube and supported in a rotationally fixed manner on said the end of said the inner tube;
- a limit stop disposed on the a free end of said the adjusting screw;
- a spreading element, radially spreadable element and having with a non-threaded bore and having with only a one single and inner cone, said the inner cone opening towards said the end of said the inner tube, said spreading wherein the radially spreadable element is disposed with its axial length between said the limit stop disposed at an the end of said the inner tube and said the limit stop disposed on the free end of said the adjusting screw, and wherein the distance between the limit stops is larger than the axial length of the radially spreadable element by a gap distance, such that the spreading radially spreadable element is moveable axially within the distance between the limit stops, including the gap distance narrow limits without rotation thereof, and
- an axially-moveable interior element having an internal threaded bore and an outer cone tapering towards the free end of the adjusting screw and being structured, dimensioned, and disposed for cooperation with said the inner cone of said spreading the radially spreadable element, wherein said the interior element having is screwed onto the adjusting screw and is axially movable with respect to the inner tube by rotation thereof via an the internal threaded bore cooperating with said adjusting screw,
- wherein said spreading the radially spreadable element and said the interior element cooperate to form a spreading device supported at axially said the end of said the inner tube, said the spreading device for clamping said the inner tube within said the outer tube,

wherein said spreading the radially spreadable element is configured as a pot, the having a base of which that is penetrated by a free end area of said the adjusting screw, facing away from said the inner tube, and

wherein said interior element has one or more a plurality of radially protruding fins, each of which are is guided in an axial slots of said spreading the radially spreadable element for axial movement thereof.

17. (currently amended) An adjustable-length pole, the pole comprising:

at least one outer tube;

an inner tube structured and dimensioned for insertion into said the outer tube in a telescoping fashion for adjusting a length of the pole;

a limit stop disposed at an end of said the inner tube;

an adjusting screw being axially oriented within said the outer tube, non-rotatable with respect to the inner tube and supported in a rotationally fixed manner on said the end of said the inner tube;

a limit stop disposed on the a free end of said the adjusting screw;

a spreading element, radially spreadable element and having with a non-threaded bore and having with only a one single and inner cone, said the inner cone opening towards said the end of said the inner tube, said spreading wherein the radially spreadable element is disposed with its axial length between said the limit stop disposed at an the end of said the inner tube and said the limit stop disposed on the free end of said the adjusting screw, and wherein the distance between the limit stops is larger than the axial length of the radially spreadable element by a gap distance, such that the spreading radially spreadable element is moveable axially within the distance between the limit stops, including the gap distance, narrow limits without rotation thereof; and

an axially moveable interior element having an internal threaded bore and an outer cone tapering towards the free end of the adjusting screw and being structured, dimensioned, and disposed for cooperation with said the inner cone of said spreading the radially spreadable element, in that by rotating said inner tube with respect to said outer tube said interior element is axially moved away from said inner tube and into engagement with said spreading element

spreading ~~it the element~~ apart radially against the interior circumference of the outer tube, said interior element having an internal threaded bore cooperating with said adjusting screw,

wherein said spreading ~~the radially spreadable~~ element and ~~said the~~ interior element cooperate to form a spreading device supported at axially ~~said the~~ end of said ~~the~~ inner tube, said ~~the~~ spreading device for clamping ~~said the~~ inner tube within ~~said the~~ outer tube.

**18. (cancelled)**

19. (new) An adjustable-length pole, the pole comprising:  
at least one outer tube;  
an inner tube structured and dimensioned for insertion into the outer tube in a telescoping fashion for adjusting a length of the pole;  
a limit stop disposed at an end of the inner tube;  
an adjusting screw being axially oriented within the outer tube, non-rotatable with respect to the inner tube and supported in a fixed manner on the end of the inner tube;  
a limit stop disposed on a free end of the adjusting screw;  
a radially spreadable element with a non-threaded bore and with only one single inner cone, the inner cone opening from an apex towards the end of the inner tube, wherein the radially spreadable element is furnished on an exterior periphery with four notches which are all axially and centrally symmetrical to each other and which run in a longitudinal direction, wherein the radially spreadable element is disposed with its axial length between the limit stop disposed at the end of the inner tube and the limit stop disposed on the free end of the adjusting screw, and wherein the distance between the limit stops is larger than the axial length of the radially spreadable element by a gap distance, such that the radially spreadable element is moveable axially within the distance between the limit stops, including the gap distance, without rotation thereof; and  
an interior element having an internal threaded bore and an outer cone tapering to an apex towards the free end of the adjusting screw and being structured, dimensioned, and disposed for cooperation with the inner cone of the radially spreadable element, wherein the interior element is screwed onto the adjusting screw and is axially moveable with respect to the inert tube by rotation thereof via the internal threaded bore,

wherein the radially spreadable element and the interior element cooperate to form a spreading device supported at axially the end of the inner tube, the spreading device for clamping the inner tube within the outer tube.